



**¡SALUD! Health Promotion Program  
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### **About Pedometers and Step Counters**

Pedometers and step counters work by recording the motion of the waist rising and falling as you walk. The primary difference between step counters and pedometers is that step counters only count steps and pedometers measure additional indices such as calories and distance.

### **Consider the following when selecting a pedometer or step counter:**

- The cheapest may not be the best choice. Look around for desirable features
- What kind of batteries does the instrument take? Are they easy to replace? How often do they wear out (normally the batteries should last a minimum of 2 years)?
- Does the instrument come with an attached leash? This prevents the pedometer or counter from falling off your waist and being lost or dropped.
- Is the display easy to read? The number should be easily read from an upright position.
- Does the pedometer or counter have a cover? Cover doors prevent accidentally reset and are important features.
- Is the pedometer or step counter accurate? Of course, accuracy is of utmost importance. You should check the instrument occasionally to ensure the reading is still accurate. According to the experts, a pedometer should be between 90-95% accurate to be useful. To measure accuracy, take 100 steps wearing the pedometer or counter and check the display. It should read between 90 and 110.

### **Some resources where you can purchase a pedometer or step counter:**

- Kmart = Offers a wide selection of different devices. Search the word pedometer to view the products online at <http://www.kmart.com/home/index.jsp>
- Oshmans = Large variety of inexpensive pedometers and counters Search the word pedometer to view the products online at <http://www.oshmans.com/home/index.jsp>
- America on the Move Website [http://www.americaonthemove.org/s\\_store.asp](http://www.americaonthemove.org/s_store.asp)
- New Lifestyles <http://www.thepedometercompany.com/pedometers.html>

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